



MANGO & RED PEPPER SALAD WITH ORANGE, CILANTRO DRESSING

Prep time: 15 minutes. Serves 4

- 1 head of butter lettuce
- ¼ red or green cabbage, shredded
- 1 mango, cubed
- 1 red bell pepper, cut into small strips (julienne)
- ¼ cup mint, chopped
- 2 tablespoons hemp seeds
- 2 tablespoons sunflower seeds

Mix everything together in a bowl.

DRESSING

- ½ cup olive oil
- 2 tablespoons rice vinegar
- zest and juice of one orange
- 2 tablespoons cilantro, chopped
- Sea Salt and Pepper to taste

Shake all the ingredients together in a jar and then serve with the salad.